forms all the vital functions of the body, such as respiration, digestion and the movements of the limbs. At death, these airs, though their actions cease, are supposed to persist as powers and to be reincarnated with the finite soul, or carried with it to the divine regions according as the fate of the soul happens to be.

The *Manomaya kosa* or the sensuous sheath is held to represent the principle of change and differentiation.

The fourth, *Vijnanamaya kosa* or the conceptional sheath, is believed to represent the principle of unity. To it belongs the function of referring attributes to substances, effects to causes, changes to permanent agents or subjects of change, and finally all mental phenomena, all feelings, thoughts, desires and actions to a permanent, self-identical and self-conscious subject. On all mental experiences it impresses the form [c] I' or ' mine \ [tc] It is I ", it says, " that feel, think, desire and act." " These things, these feelings, thoughts, actions etc., are mine," it says. The *Vijnanamaya kosa,* it will thus be seen, constitutes. the proper individuality of the finite soul. Until we come to it, we do not see the souFs true nature as spirit, as a self-conscious being referring all experiences to itself and by that

very act distinguishing itself from them.

The fifth or the *Anandamaya kosa* is the capacity of the soul to enjoy happiness. It manifests itself indistinctly in every mortal pleasure, even the lowest; whereas its highest manifestation is seen in moments of direct God-consciousness, when the One undivided Infinite Self is seen both within and without, filling all time, space and being.

i In each higher stage of spiritual life represented by the aforesaid sheaths, we identify the self with a subtler and subtler object and ascribe to it a higher and higher function. Each higher sheath is, therefore, according to the Rishis, a truer representation of the self than the lower. But as each of them is an object characterised by being known and is not self-knowing, none represents the